

A New Way to a Healthier Mind

1 in 4 of us struggle with mental health challenges, like feeling low or anxious.

SilverCloud programmes give you the tools and skills to feel better and stay better.



What programmes are available?



Health Anxiety

Learn skills to manage persistent and excessive worry around the status of your health.



Chronic Pain

Improve the symptoms of low mood and anxiety associated with chronic pain.



Social Anxiety

Overcome persistent fear of social situations and manage feelings of excessive self-consciousness.



Rheumatoid Arthritis (RA)

Improve symptoms of low mood and motivational factors associated with rheumatoid arthritis.



Coronary Heart Disease

Improve symptoms of low mood and anxiety associated with coronary heart disease.



Lung Conditions

Improve symptoms of low mood and anxiety associated with lung conditions.



Diabetes

Manage the symptoms of depression and anxiety associated with diabetes.

"I felt supported throughout the programme and loved that I could use it on my phone when I needed to. I still track my mood and practice what I learned to feel better."

SilverCloud Health User



How do they work?



Enter your details to setup an account.



Login, learn & practice. A recommended pace is 1 module a week.



Receive regular feedback from an online supporter.

What are the benefits?



Easy Access

Access programmes anytime on any device.



Easy to Use

82% of people find the programmes easy to use.



Proven Outcomes

It's proven in trials to work as well as face to face therapy.

How can I access them?

Speak to your GP or health care professional who can make a referral for you.

For further information please contact Tayside cCBT team by telephone on 01382 346162 or email tay-uhb.taysidecibt@nhs.net